

Healthy Schools Program



Healthy learners are better learners

A Healthy School promotes the physical, mental, social, and spiritual health of the whole school community. It's a healthy setting for living, learning, and working.

PUBLIC HEALTH
1-800-361-5653
york.ca/HealthySchools

**York Region**



Benefits of Healthy School can include:

- Improved academic success
- Increased mental health and well-being
- Increased student skills, ability and knowledge to make healthy choices
- Enhanced staff and student engagement, connectedness and satisfaction

York Region Public Health will support your school in becoming a Healthy School by providing:

- Consultation on the Healthy Schools process
- Health promotion resources, educational workshops and displays
- Links to community organizations
- Referrals to Public Health services
- Support for health policy development

Stay connected and sign up for our e-Newsletter!

LEARN MORE



For more information on Healthy Schools, visit york.ca/HealthySchools or contact your Public Health Nurse through Access York at **1-877-464-9675** or healthyschools@york.ca